

ST. CLAIR STREET SENIOR CENTER

CELEBRATING 25 YEARS OF SERVICE

Happy April Fool's Day

APRIL 2006

SAN ANTONIO IN MAY

Experience the blooming wildflowers in Texas on the Senior Center sponsored trip to San Antonio scheduled May 21-28. This 8-day, 7-night tour features a guided tour of San Antonio, the Alamo, LBJ Ranch & more including 12 meals. The cost is \$629 per person, double occupancy. Stop by the Center Reception desk for additional information and make a reservation.

A Special Easter Present

The best gift one person can give to another is the gift of time. On April 15th the Senior Center has scheduled a trip to Angel Heart Farm in Nolensville. Angel Heart Farm, Inc. is a Middle Tennessee nonprofit therapeutic program that uses horse-assisted therapy for children from 0 to 18 years of age who have chronic and life-threatening illnesses. See signup sheet for more details.



Trash & Treasures Yard Sale & Center Bake Sale

Start cleaning those closets and heating up the oven! May 13, 2006 from 7:00-11:00 a.m. the Senior Center is having the annual Trash and Treasures Yard Sale along with Bake Sale. Seniors may either rent a table for \$15 and keep their profits or donate items to the Senior Center tables and the Center keeps the money from all sales. In either case, **ALL ITEMS MUST BE PRICED AHEAD OF TIME.** No clothing items will be permitted. Drop off and set up are Friday, May 12 from 3:00-4:00 p.m. All bake sale items should also be dropped off (**ALREADY WRAPPED & PRICED**) on Friday. The Yard & Bake Sale are open to the public. All items must be removed from the Center by 1:00 p.m. the day of the sale.

FOOTCARE SERVICES WITH NOD

For 15 years the nurse managed Nurse on Duty Program (NOD) has provided services designed to promote the health and independence of older adult participants at the Senior Center. These include the Wednesday afternoon drop in clinic and Coffee Break with NOD health education classes. One of the most popular services has been foot care which includes foot inspection and trimming of nails for those with diabetes, blindness and those who are very frail and disabled.

Thanks to the support of Center funding agencies, the number of staff hours to provide foot care have been increased over the years to serve a larger number of participants. Foot care was initiated to help frail seniors and those with multiple health problems that make the process of trimming nails difficult. The nurses have attempted to serve as many participants as possible.

Due to increasing demands for service it has become necessary to more carefully follow the original foot care policies. Starting this month the weeks between visits will be extended. Every effort will be made to continue to trim toenails every 2-3 months for participants considered very frail, with multiple health problems. The length of time between visits for participants better able to care for their own nails will be extended from 4-6 months. The Clinic will still accept new appointments, but the time between follow up visits may be longer.

I do want to continue to assist the very frail and disabled participant with this basic hygiene need for years to come. However it is no longer possible to offer this service as often for participants who are physically able to manage this need with only minor assistance.

I hope you will be understanding as these changes are implemented. It is important that the services provided by NOD continue to promote health and independence for as many senior adults as possible.

NEW PARTICIPANT FORM QUESTIONS

The new replacement Participant Registration Forms from the Tennessee Commission on Aging have generated several questions to which I would like to respond. 1. **Why complete the form?** The Senior Center receives state and federal aging funds. One of the requirements is that each individual receiving any service from the Center complete a Client Information Form and update it annually. **ALL** information is kept strictly confidential-including income level & social security number. Mandatory reporting of program activity (who is using the Senior Center and for what purpose) to the Area Agency on Aging and Disability is completed in **numbers only**. No individuals are identified in **any way**. Your signatures on the daily attendance sheets and class/event attendance sheets for each activity provide us with the information for the program report. 2. **Why emergency contact & medical information?** It is vital to have reliable contact numbers in the event of an emergency. The staff responsibility of notifying next of kin is taken very seriously. We must have the phone number of someone who can, in fact, be reached. Medical information provided is used only in an emergency to assist paramedics. We sincerely appreciate your cooperation as we "do what we need to do" to meet funding source requirements & provide services for each of you in the best way possible. *Thanks*

From the Desk of the Director

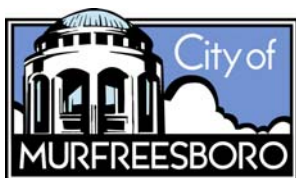
Thank you, thank you, thank you to Talley Arnold, "Pancake King" & his wonderful crew & volunteers for the hard work at the Pancake Breakfast on Saturday, March 12. Gross receipts were \$1221.80, expenses were \$278.62, & net was \$943.18.

"Don't Worry, Be Happy!" on March 23rd was lots of fun thanks to support from an Arts Build Community Grant,

Group Donations

Bingo \$145.70 January
 Quilting \$ 40.00 January
 Flower Fund \$ 39.00 -

Individual Donations: Dorothy Alexander, Bobbie Banks, Joan Bennett, Joyce Bergen, Paul M. Bowen, Broadmore Assisted Living, Tracy Broiles, Pidge Cash, Barbara Conners, Ann Cordell, Rebecca Couch, Marjorie Cushman, Rosa Deck, Mrs. Earlon Dyer, Jean Enoch, Mary JO Ferrara, Mary Jo Ferrell, Joyce Finchum, Nona Fortner, Jo Freeman, Gary Garrett, Lois Garrett, James & Carolyn Gray, Jean Haley, Health-Springs, Linda Jenkins, Charles Leonard in memory of Gilbert Allan, L. C. Luttrell, Emma McCoy in memory of Gilbert Allan, Frances Moudy, Janice Patrick, Essie Reece, Dot Rowlette, Annie Rusnak, Scales PTO, Barbara Schwartz in memory of Vincent Farone, Evelyn Sims, Anna Smith, Jack Sweeney, Robert Turner, John Underwood, Marjorie White, Virginia Whitfield, Mitsue Williamson.



T E N N E S S E E

St. Clair Street Senior

Center Staff

Center Director

Sue O'Brien

Administrative Assistant

Bobbie McMillen

Program Directors

Brenda Kiskis Elliott

Lisa Stamps Foster

Care Director

Dee Brown

Adult Day Services Director

Tina O'Brien

Caregiver Resource and Education Center Coordinator

Carol Vega

Nurse Manager, NOD Program

Judy Campbell, RN

The Arts Build Communities program is funded by the Tennessee General Assembly and administered in cooperation with the Tennessee Arts Commission and The Community Foundation of Middle Tennessee.

Why No Bread on Fridays?

The bread on Fridays was delivered under an arrangement with Nashville's Table. Second Harvest & Nashville's Table merged operations several months ago and guidelines for bread distribution were changed. Only private not for profit (501C3) agencies are eligible. The Senior Center is public not for profit and therefore ineligible to receive bread. Several people have asked why no bread on Fridays. We hope this explanation clarifies why.

Gift Shop Volunteer Needed

Do you have a flair for decorating? Do you like to reorganize and make things look nice? The gift shop needs you! Contact Brenda if you are interested in becoming a Volunteer Gift Shop Coordinator. Your tender loving care is greatly appreciated.

Thank You! Programming staff is sending out a Special thank you to all who worked or attended the Pancake Breakfast. It was a great success!

Quilters, the hours of work you devote to quilting in the Center each week are deeply appreciated. Your willingness to support the Center with the donations received is wonderful.

THANK YOU!

890-2677

Transportation

(unless otherwise noted)

Lunch served daily @ 11:30

895-1870

Senior Dining/Meals on Wheels

Visit us on the web at www.murfreesboro.tn.gov then click on City Departments.

848-2550

12:30 PM - 3:30 PM

Saturday

8:00 AM - 4:30 PM

Monday - Friday

Hours

Murfreesboro, TN 37130

325 St. Clair Street

St. Clair Street
Senior Center

